

making simple beverages and desserts

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What Can a Busy School Girl Do To Help With Family Meals?

Every member of a family should help with the meals. Mothers gladly include in meals the foods prepared as a part of your project work. Since you are busy, food projects should be spread throughout the year. In this project, you will learn to make beverages and desserts. They will fit well into your busy days, since some can be made ahead of time and others just before the meal.

Setting the table helps mother with meals. An attractive table increases the family's enjoyment of food. Better digestion and improved health result from enjoyment of food.

WHAT DO YOU EAT?

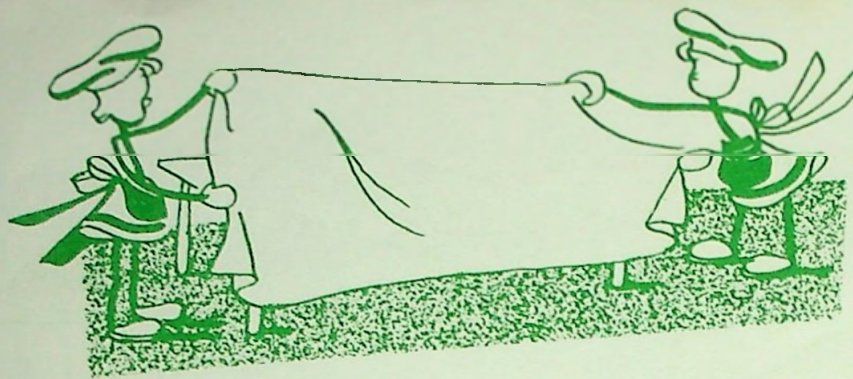
Our bodies need a variety of foods to keep them healthy and active. No one food meets all the body's needs, but some contribute more than others. For that reason you should check your diet to see that it contains enough of the essential foods, for all of us will eat enough to satisfy our hunger if it is available. Your interest should be in getting not only enough food but enough of the essential foods to make your body strong and healthy.

HOW WELL DO YOU CHOOSE YOUR FOODS?

A simple way to be sure you do this is to check your food habits on the daily food check sheet in your project record. Check your diet from time to time, until you have completed the project requirement. When you know where your diet is lacking, strive to improve it. The desserts and beverages prepared in this project can help to increase your use of some of the necessary foods if they are carefully chosen.

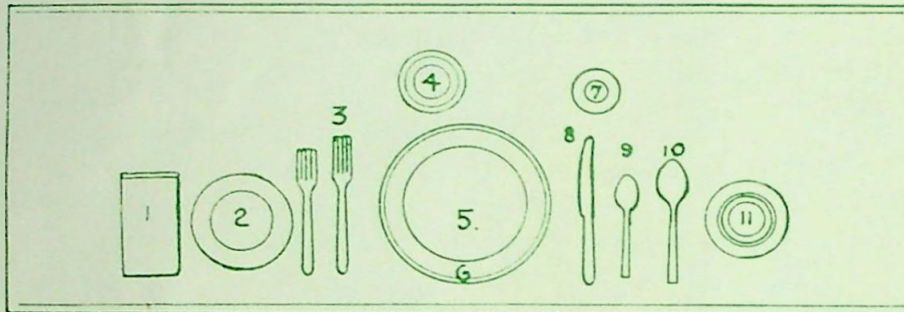


KANSAS STATE COLLEGE
OF AGRICULTURE AND APPLIED SCIENCE
MANHATTAN



HOW SHOULD WE SET THE TABLE?

Convenience, simplicity, and order is the keynote for setting a table. Select the equipment needed for the meal planned. Arrange each person's place neatly and all places the same, as shown below. A "place" consists of the space and equipment for one person. All equipment is placed one inch from the table edge.



1. Napkin (Open edges at right and bottom).
2. Salad plate, if used.
May be placed above fork if table is crowded, or if beverage is not served with main course, may take place of cup and saucer.
3. Fork or forks, tines up.
4. Bread and butter plate.
5. Dessert may be placed above dinner plate to simplify service.
6. Dinner plate.
7. Water glass, one inch above tip of knife. Unless a member of the family is left-handed, the water glass is placed above the knife.
8. Knife, cutting edge toward plate.
- 9-10. Teaspoon next to knife, soup spoon to right, bowls up.
11. Cup and saucer, with handle placed conveniently for use.
The beverage cup or glass to the right of the place. It is always well to place a beverage glass for such beverages as chilled cocoa or iced tea on a saucer or coaster to give a place for the beverage silver and to protect the table linen.

HOW CAN WE BECOME GOOD COOKS?



1. Read a recipe through carefully.
2. Gather equipment and supplies. If oven is needed, light or start fire with dampers adjusted or regulator set.
3. Prepare pans for use.
4. Measure accurately.
5. Follow directions for preparation.
6. Serve properly.

HOW SHOULD WE MEASURE?

While some variation is possible in the majority of recipes, fairly fixed proportions of ingredients exist in order to obtain uniform, typical products. For this reason, beginners will do well to use tested recipes developed by experienced people. Experimentation should be avoided until the worker has learned to know the effect of ingredients upon the product and how much variation is possible without undesirable results.

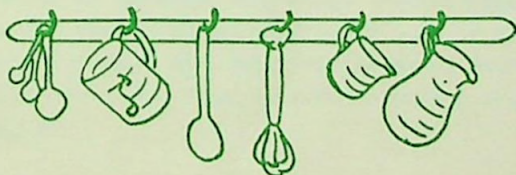
Proportions which yield good baked products are somewhat fixed. The importance of accurate measurements is obvious. When recipes are cut down, the same proportion must be maintained to give uniform results. In a small recipe, a tablespoon error in measurement will be more serious than the same error in a larger product. Cooks who do not measure really "measure by eye." They know how high up in the bowl the flour must come for a cake, or they can estimate the amount of fat in a spoon. Experience has taught her the feel and look of a good mixture for cake or biscuits. Then even the best of cooks have had luck occasionally—perhaps they didn't see the measurement as accurately that time.

Measuring Equipment

The standard measuring cup is $\frac{1}{2}$ pint, or 8-ounce capacity. Cups are now on the market based on United States standard and are so labeled. Subdivision marked on such cups are for measuring one-fourth, one-half, three-fourths, one-third, and two-thirds of a cup. Individual cups for the subdivisions are now available and standardized to permit even greater accuracy than the one cup marked with subdivisions.

Measuring spoons are not as well standardized as are cups. Sets of spoons which measure one tablespoon, one teaspoon, one-half teaspoon, one-fourth teaspoon can be obtained. Probably all spoons, whether bought separately or in sets, should be checked against a standard cup. Sixteen tablespoons fill a cup, and three teaspoons fill a tablespoon.

Spoons used for other purposes should never be used to measure. Table service spoons, so-called "tablespoons" and "teaspoons," vary greatly in size.



How To Measure

Granting that accurate measuring equipment is available, measuring problems still exist. Inaccuracies may occur through the manner in which the equipment is used. Also, variable and individual methods which may be used tend to produce less uniform results than may be obtained when certain fairly well standardized methods of measuring are used.

All measures should be level.

Flour

The standard procedure is to measure flour after sifting once. Sifting should be done just before measuring, since the flour tends to pack on standing. Graham and whole wheat flour should be thoroughly stirred, since the bran tends to come to the top of the container upon standing. Sifting is not necessary.

In measuring dry ingredients, such as flour, use the set of measuring cups having $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and 1 cup. These measures may be filled in two ways.

1. Set cup on table. Hold filled sifter about 1 inch above the cup. Sift flour in until cup overflows. Remove excess flour with straight edge knife or spatula held upright without shaking or tapping the cup.





2. Fill sifter. Lift onto paper. Lift flour into cup lightly with spoon or spatula until overflowing. Level off with straight edge knife or spatula without shaking or tapping the cup.

Measure spoonsful of ingredients by using standard measuring spoons which have $\frac{1}{8}$, $\frac{1}{4}$, and 1 teaspoon, and 1 tablespoon measure. One-eighth teaspoon is measured by cutting the $\frac{1}{4}$ teaspoon in half lengthwise and scraping out one-half.

Liquid

Place the cup upon a flat surface and fill as full as it can be filled without overflowing or spilling the contents when the cup is lifted.



Fats

Solid fats should be brought into the kitchen to bring them to room temperature before measuring.

1. The fat can be measured by placing it into the cup so that all the air space is forced out. Then level off with a knife.

2. The cup can be partially filled with water and pieces of fat dropped in until the level of the water is raised to one cup. All the fat must be submerged to get an accurate measure. For example, if one-third cup fat is desired, fill the cup two-thirds full of water and add fat until the level of the water is raised to the one cup mark.



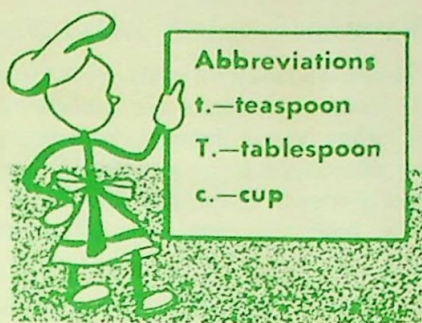
Sugar

Granulated. Fill cup as for flour, omitting sifting. **Brown.** Roll out lumps. Press sugar firmly into the cup.

Confectioner's. Roll out lumps, then sift. Measure as for flour. One cup of confectioner's sugar measured in this way is slightly heavier than $\frac{1}{2}$ cup granulated sugar; about $1\frac{1}{4}$ cups confectioner's sugar is equal to 1 cup granulated sugar.

Syrup or Molasses

Place the cup upon a flat surface. Fill the cup. Because of the thickness of the liquid, it may tend to round up higher than level full. Cut off level with edge of a knife. Measure spoonfuls by pouring syrup into spoon and cutting off level with the edge of a knife. Oiling the measuring utensil before putting in the syrup or molasses will facilitate removing.



Common Measurements Used in Cookery

3 t.—1 T.
16 T.—1 c.
4 T.— $\frac{1}{4}$ c.
8 T.— $\frac{1}{2}$ c.
12 T.— $\frac{3}{4}$ c.
5 $\frac{1}{2}$ T.— $\frac{1}{2}$ c.
10 $\frac{1}{2}$ T.— $\frac{3}{4}$ c.
2 c.—1 pint
4 c.—1 quart
4 qts.—1 gallon
2 T.—1 liquid ounce
OR $\frac{1}{2}$ cup

This table is useful enough to justify memorizing it.

BEVERAGES

Milk

Your score card lists milk as a first essential. During all of our lives, milk is an important food. It is really a food, although many look upon it as a beverage, and unfortunately, other beverages are often substituted for it instead of using them in addition to milk. Milk supplies the minerals needed to build and maintain our bones and teeth.

How Should We Serve Milk?

Some like their milk warm, fresh from the cow. Others prefer it cooled, or scalded, and cooled. For table use, most of you will either want to drink it plain or flavored, and either chilled or scalded. No one should forget that plain milk is the most simple, easiest, and best way to serve milk. For variety you may want to serve it with certain seasonings.

How Should We Care for Milk?

Milk must be kept cool to insure good flavor. Cool fresh warm milk rapidly. Set containers of warm milk in a large bucket of cold water. Stir occasionally until milk cools, changing water as needed. Milk should never be cooled by adding ice which thins the milk and harms the flavor. Store the cooled milk, tightly covered, in the coolest part of the refrigerator. If no refrigerator is available, store in the coolest place possible and use quickly.



Cocoa

A satisfactory way to prepare cocoa is to prepare a cocoa syrup and add just enough to the hot or cold milk to flavor it properly. In this way, only a minimum of water is added.

Cocoa Syrup

- 1 c. cocoa
- 2 c. sugar
- Or 1 c. sugar and 1 c. corn syrup
- 1 c. water
- $\frac{1}{4}$ t. salt
- 1 t. vanilla, if desired

Mix the cocoa, sugar, and salt thoroughly in a sauce pan. Add the water, stir until smooth, and cook over a slow fire about five minutes. Cool, add vanilla, and store in a tightly-covered glass jar until needed.



Eggnog

An excellent beverage that is very nourishing is an eggnog. For sick folks, it is especially nice.

1 egg, well beaten
 $\frac{3}{4}$ T. sugar
 $\frac{2}{3}$ c. milk

Few grains salt
Flavorings and extracts,
spices, such as nutmeg
or cinnamon, or fruit
juices.

Add sugar, salt, and flavoring to egg in a mixing bowl, shaker, or fruit jar. Add milk and mix thoroughly. Strain, chill, and serve. The whites may be beaten stiff and folded in last. If orange, grape, or pineapple juice is used, substitute $\frac{1}{4}$ cup juice for $\frac{1}{4}$ cup milk in the recipe above.

"Chocolate" Milk

$\frac{3}{4}$ c. milk, chilled

Pour just enough chocolate syrup into cold milk to give the desired flavor. Serve in a chilled glass.

Fruit Beverages

Fruit beverages may be plain fruit juices or juices to which water and sugar are added. For breakfast, we often serve orange, tomato, grapefruit, grape, or pineapple juice plain or in combination with other juices. These are excellent. Serve as first course with any meal as well as a beverage.

Sugar Syrup

1 c. sugar
1 c. water

Boil sugar and water together to make a thin syrup. Pour into clean, hot bottles or jars. Seal. This may be kept on hand for use in beverages and frozen desserts.

If a thicker syrup is desired, increase sugar to $1\frac{1}{2}$ cups and add 1 tablespoon corn syrup to prevent crystallizing. Approximately $1\frac{1}{4}$ cups.

DESSERTS

Desserts are the finishing touch to the meal. They should be simple and easily digested when served with an otherwise hearty meal. They may be hearty when served with a lighter meal. Desserts may be the means of introducing more milk and fruits into the diet. Select an appropriate dessert for the meals Mother plans. Be sure to vary the desserts prepared so the family will not tire of any one. Also select a dessert that can be prepared in the time you have. Some desserts can be prepared the day before, while others should be served immediately.

Rice Custard Pudding

2 c. steamed rice
2 c. scalded milk
1 T. butter
2 slightly beaten eggs
6 to 8 T. sugar or honey
1 t. salt
 $\frac{1}{2}$ c. seeded raisins, steamed
1 t. vanilla, if desired

Mix sugar and salt with egg. Melt butter in hot milk. Add milk mixture slowly to egg mixture. Add rice, raisins, and vanilla—mixing well. Pour into an oiled baking dish. Set baking dish in a pan of hot water, and bake in a moderate oven (350° F.) until firm. Serve with a sauce or with cream. Eight servings.

Gelatin Desserts

Gelatin desserts may be made from plain or prepared gelatin powders. Follow directions given on the packages or use the recipes given below. Prepare some using water for liquid, some using milk, and others using fruit juice.



CUSTARD

Custard

2 eggs or 4 egg yolks
4 to 8 T. sugar or honey
2 c. milk

$\frac{1}{8}$ t. salt
 $\frac{1}{4}$ t. flavoring

Beat the eggs slightly and add the sugar, salt, and flavoring. Pour the heated milk gradually over this mixture, stirring constantly. For baking, the custard is poured into custard cups which have been rinsed with cold water. The cups are set into a pan which is filled with hot water to a depth of three-fourths of an inch. Then the custards are baked in a moderately slow oven (325 to 350° F.) 30 to 40 minutes, or until they are set. To test for doneness, insert a thin knife blade into the center of the custard. If done, the knife comes out covered with a thickened mass. For soft custards, cook the custard in a double boiler, over hot water until it just coats the spoon. Constant stirring is necessary so that the custard will cook evenly.

Serve the baked custard in the individual cup in which it was baked or turn out into a sauce dish. If baked in a larger pan, dip out in large pieces. Custards may be served plain, with whipped cream, or with chopped nuts or fruits. Serve the soft custard plain or use it as a sauce over fresh or cooked fruit, cake, or other puddings.

Spanish Cream

2 T. gelatin soaked in
 $\frac{1}{2}$ c. cold milk
3 egg yolks, slightly beaten
 $\frac{1}{3}$ c. sugar

$\frac{1}{8}$ t. salt
2 $\frac{1}{2}$ c. scalded milk
3 egg whites, beaten stiff
1 t. vanilla

2/3 c. macaroon crumbs (may be omitted)

Make a soft custard of egg yolks, sugar, salt, and milk. Dissolve soaked gelatin in it. Cool, flavor, and as it begins to thicken fold in egg whites and macaroon crumbs. Mold. Chill. Eight servings.



Lemon Sponge

1½ T. gelatin soaked in
½ c. cold water
2/3 c. boiling water

½ c. cold water
½ c. lemon juice
¾ c. sugar

3 egg whites beaten stiff

Melt gelatin in boiling water. Add sugar and cool. Add lemon juice. Chill until it begins to thicken. Beat until frothy, then fold in egg whites. Continue beating until mixture will hold its shape. Pile lightly into a glass serving dish or mold. Serve with soft custard. Eight servings. Lemon Sponge served with soft custard is "Snow Pudding."

PUDDINGS

Puddings made with cornstarch, tapioca, or rice for thickening will please many families. Serve these plain, with plain or whipped cream or with pudding sauces.

Cornstarch Pudding

1 c. milk
1½ to 2 T. cornstarch

2 T. sugar
½ t. vanilla

Pinch of salt

Scald ¾ cup of the milk. Mix cornstarch, salt, and sugar. (Use the larger proportion of cornstarch when increasing recipe or combining with juicy fruit.) Mix with remaining ¼ cup cold milk. Add hot milk gradually and cook over hot water, stirring until thickened. Cook about 10 minutes longer, stirring occasionally. Cool slightly, flavor, and pour into molds rinsed with cold water. Chill and unmold. Serve with cream and sugar or with soft custard of whipped cream. Two servings.

Tapioca Cream

1/3 c. granulated tapioca
4 c. milk
½ c. sugar

1 to 2 eggs
1 t. vanilla
¼ t. salt

Cook tapioca, salt, and milk in double boiler 10 minutes. Mix sugar and egg yolk. Add hot milk mixture, stirring constantly. Return to double boiler and cook until mixture coats spoon. Remove from fire. Add vanilla and stiffly beaten whites. Chill. Serve plain or with cream.

Creamy Rice Pudding

1/3 c. rice
4 c. milk
1/3 cup sugar

½ t. salt
Grated rind ½ lemon

Wash rice, mix with remaining ingredients, and pour into an oiled baking dish. Bake in a very slow oven (250° F.) about three hours, stirring occasionally during the first hour of cooking. Raisins may be added; then omit lemon rind and flavor with vanilla. Six to eight servings.

Cookies for dessert, as an accompaniment for puddings, in the lunch box, and to finish off breakfast are popular. There are many kinds of cookies, but we will make only a few this year.

Oatmeal Cookies

1 c. fat, melted
2 c. sugar
2 eggs
1/3 c. sour milk
3 c. rolled oats
3 c. flour
2 1/2 t. double action baking powder

1/2 t. soda
1/4 t. salt
1 t. cinnamon
1 c. chopped raisins
1 c. chopped nuts

Or 1 T. tartrate or phosphate baking powder



Cream fat and sugar together, then beat in eggs. Add sour milk. Measure and sift dry ingredients together, and add the raisins and oatmeal. Combine with wet ingredients. Drop by teaspoonful on oiled cookie sheet. Bake in oven at 375° F. 10 to 12 minutes.

Brownies

2 squares chocolate
1/3 c. melted fat
1 c. sugar
2 beaten eggs

1 t. vanilla
1/2 c. flour
1/2 t. salt
1/2 c. chopped nuts

Optional: 1/2 t. double action baking powder

Or 1 t. tartrate or phosphate baking powder

Melt chocolate with fat in saucepan over low heat. Add sugar and blend. Add remaining ingredients. Pour into an oiled 8" x 8" baking pan making a layer 1/2-inch thick. Bake in a slow oven (325° F.) 25 minutes. While hot cut into strips, square, or other desired shapes. Remove from pans when cool. These seem soft when removed from hot oven but harden with standing. 24 brownies.

Note: Baking powder produces a cake-like brownie. No baking powder produces a chewy brownie.

Icebox Butterscotch Cookies

1/2 c. fat
1 c. brown sugar
1 egg, well beaten
1 t. vanilla

2 c. flour
2 t. double action baking powder
Or 1 T. tartrate or phosphate baking powder
1/2 c. chopped nuts

Sift flour and baking powder together. Cream butter, add sugar. Cream thoroughly together. Add vanilla and beaten egg, then flour mixture gradually, and last the nuts. Mix well. Divide into two parts. Shape each part into a roll, wrap in waxed paper. Place in refrigerator until ready to use. Then slice very thin. Place on baking sheets. Bake in a hot oven (400° F.) from 8-10 minutes. 80 cookies, 2 1/2" in diameter.

Sour Cream Cookies

2 eggs
1 c. sugar
1/2 c. soft butter
1/2 c. sour cream
2 c. flour

1 t. double action baking powder
Or 1 1/2 t. tartrate or phosphate baking powder
1 t. vanilla
1/4 t. soda

Sift flour before measuring. Measure and sift dry ingredients into a mixing bowl. Beat eggs slightly. Add milk. Add liquid to dry ingredients, stirring just enough to combine. Add melted fat. Beat only enough to combine, leaving the mixture lumpy. Drop by teaspoonfuls on a greased baking sheet about 2 inches apart. Bake in a moderate oven (350° F.) until the top springs back when lightly touched.

Plain Standard Cake

1/3 c. fat
1 c. sugar
2 eggs
2/3 c. milk
1 3/4 c. cake flour

1 3/4 t. double action baking powder
Or 1 T. tartrate or phosphate baking powder
1/4 t. salt
1 t. flavoring extract

If using the conventional method, cream butter, gradually add sugar, and continue creaming until fluffy. Add unbeaten egg yolks and beat until mixture is very light. Alternately add the sifted dry ingredients and the milk, to which the flavoring has been added. Stir for about one-half minute after each addition of flour. Add the stiffly beaten egg whites and fold gently until the mixture can be beaten without spattering. Stir quickly for about one-half minute. Pour into an oiled cake pan and bake at 350° F. for about 45 minutes if a loaf cake, or 25 minutes if a layer cake.

Sour Cream Cake

1 3/4 c. cake flour
Or 1 1/2 c. bread flour
1/2 t. soda
2 t. double action baking powder
Or 1 T. tartrate or phosphate baking powder

1/2 t. salt
2 eggs
1/2 c. white or brown sugar
1 c. rich sour cream (35 to 40%)
1/2 c. honey or sorghum
Spices, nuts, and raisins, if desired

Sift flour, soda, baking powder, salt, and spices. Beat eggs. Add sugar, cream and honey, and blend these liquid ingredients well. Combine liquid and dry ingredients. Place in oiled layer or cup-cake pans. Bake in a moderate oven (350° F.) 25 to 30 minutes.

Note: Don't try this unless you have your own cream at home.

Coconut Cream Frosting

3 T. melted butter
5 T. brown sugar
2 T. cream
1/2 c. coconut

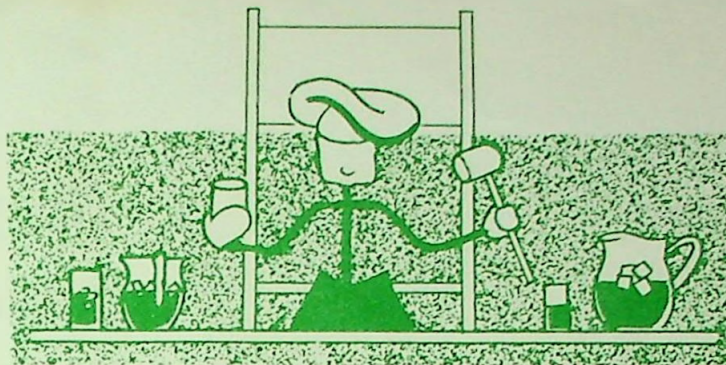
Mix ingredients and spread on top of warm cake. Place under broiler or in a hot oven for a short time, until the frosting bubbles and turns brown.

Butter Frosting

4 T. butter
1 egg yolk (may be omitted)
2 c. confectioner's sugar (sift if lumpy)
2 T. cream or rich milk
1 t. vanilla

Cream the butter. Stir in about 1/4 cup of sugar gradually. Stir in unbeaten egg yolk and flavoring. Add remainder of sugar. Add few drops of the liquid at a time until of right consistency to spread. Butter frosting should be creamy when it is spread because it hardens as the butter cools.





HOW SHOULD WE JUDGE BEVERAGES?

Beverages are used to quench thirst, and may furnish a considerable part of the nourishment of the meal. The ingredients should be well blended with no one ingredient too strong. In fruit beverages, sugar should be used sparingly. A beverage should be served either hot or cold, never lukewarm. Cocoa should be smooth with no scum appearing and no settleings in the bottom.

The beverage glass should be filled to within one inch of the top. Cups should be filled about $\frac{3}{4}$ full. If a spoon is needed or the beverage is iced, a saucer or coaster should be provided.

HOW SHOULD WE JUDGE PUDDINGS?

Garnishes, when used, should be simple and add color, contrast, flavor, or moisture to the dessert.

Desserts should be served in dishes appropriate for the size of the serving. When sauces are used, the dish must be large enough to provide space for it.

Starch desserts should be free from uncooked lumps of thickening, and any flavor of uncooked starch. It should have the blended flavor of the ingredients used with no excess of any ingredient such as salt or flavoring. The cooled pudding should just barely hold shape when turned out. Stiff mixtures are not appetizing.

Baked custards, if browned, will have a thin light-colored top; and the mixture below will be smooth, tender yet firm with no holes and water showing. Custard is delicately flavored, so the egg taste is slightly noticeable.

Soft custard should be a smooth mixture, delicately flavored, and about the consistency of thin

to medium cream, depending upon the amount of egg used.

Gelatin desserts should be tender when cut, but should hold shape when served. Fruit or nuts should be suspended evenly in jelly. To prevent melting, gelatin desserts should be kept in a cold place until served and turned out into a cold dish.

Whipped gelatin sponge or cream should be free from layers of clear gelatin mixture due to insufficient whipping or permitting the mixture to partially melt after whipping.

HOW SHOULD WE JUDGE COOKIES?

Drop cookies are small, soft, like cake or slightly crisp, and irregular in shape. The mixture is soft and tends to flatten upon baking. Points on drop cookies will brown more than the rest of the surface.

Bar cookies are richer and heavier than drop cookies. They should be cut in squares or strips about $\frac{3}{4}$ to 1 inch by 2 or 3 inches.

Ice box cookies cut about $\frac{1}{2}$ inch thick are crisp and tender. The shape depends upon the pan or roll in which chilled. The color should be an even brown when baked.

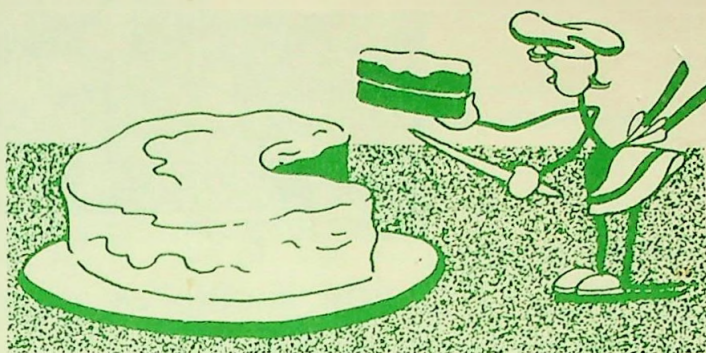
Seasonings used in cookies will depend upon personal taste. Spices should be used as desired. No flavoring should be too pronounced.



HOW SHOULD WE JUDGE CAKES?

Cup cakes are baked in individual pans which shape them. The top should round up slightly with no rim extending over the pan. Other points are scored by the butter cake score card.

*If cake is iced, substitute 10 points for icing in place of 10 points allowed for crust in regular score card.



SCORE CARD FOR BUTTER CAKES

(Loaf and Layer)

Points	Perfect Score	Actual Score	Explanation
General appearance	10	_____	General appearance: Size—Should be of such proportions that it will cut suitably for serving and so that the center of the loaf can be thoroughly baked. Shape—Should be regular in shape, evenly rounded and without bulges. Should not hollow down in the center.
Lightness	15	_____	Lightness: Should be relatively large for its weight and have a feathery appearance.
Crust	10*	_____	Crust: Color—Should be an even, golden-brown color over the entire cake, except, of course, for dark cakes. Smoothness—Should be smooth, free from wrinkles and cracks. Texture—Should be of medium thickness and tender.
Crumb	30	_____	Crumb: Color (5 points)—Should be characteristic of kind of cake and uniform throughout. Grain (10 points)—Should be fine and even with oval-shaped cells having thin cell walls. Texture (15 points)—Should be so tender as to be readily broken apart. Should be moist and elastic, with a velvety feeling; not tough, harsh, crumbly, sticky or doughy.
Flavor	35	_____	Flavor: Should be characteristic of kind of cake.
	100	_____	

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